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METHODS OF PROLONGING LIFE

Plans Hitherto Proposed for Improving and Extending Human Existence.

BOOKS No. 34.—Pedestrianism.

It seems to be a very simple thing for a human being to walk upright, and yet, when you come to examine the matter closely, it appears to be the result of millions of years of effort, involving various stages of animals which crawl swim and fly-those which are limbless and footless, those which have many legs, four legs, and, finally, two legs only. Because a close examination shows that in the balancing of the buman body, in process of attaining an upright posture, the same bones, ligaments, muscles and nerve attachments are used to a considerable extent which are found in the limbs and bodies of

The loose hinge joint of the ankle and double arches of the foot, by which it is so well adapted for support, show that the foot has been modified from a claw; and muscles higher up in the human leg reveal changes from a period when man was practically a quadruped, though using feet and hands pro-

Still the change is radical and distinctive. Plato defined a man as a biped without feathers which walks upright; and Diogenes the cynic, in ridicule, stripped a cock of its feathers and threw it on the stage, exclaiming: "Behold Plato's man!" The rebuke was as unmerited as the illustration was defective, since a cock does not walk upright, but with its body at an angle approaching the horizontal; and the same is true of our nearer relatives, the anthropoid apes, in their attempts at an upright gait. Hence it is that walking with a correct attitude of the body is not merely the most natural, but perhaps the most valuable exercise that a human being can indulge in, because it tends to deliminate man from the brute. Man's higher intelligence, in the opinion of Diogenes of Appolonia, who lived about a century before Diogenes the Cynic, was the boon of an upright gait, by reason of which he breathes a purer atmosphere than the quadrupeds.

fit was the practice of Capt. Robert Barclay, a celebrated Scotch pedestrian, to bend the body forward and to throw its weight on the knees; to take short steps and raise the feet only a few inches from the ground. urging in support of this style of walking that it relieves the ankle joints from the body-weight, enabling one to walk more at ease, to take a quicker pace and endure the fatigue of a long journey better than by walking with a perfectly erect carriage of the body. Assuming this to be so for the purposes of long-distance walking and foot racing, with hygiene and real benefit to the person in view it is better for the person in view it is better. to the person in view, it is better, for the reason already given, to walk with a perfectly erect carriage

Physiologically, walking is moving the trunk forward by alternate movements of the legs, the hind limb in straightening, elevating and pushing the body, while the advancing limb as the foot strikes the ground supports the body-weight as it drops—a continuous falling and recovery. Like other functions, this process is only perfected by practice. The spirit of rivalry exhibited in the lowest creatures has had its share

in human development, and from long before the establishment of the Olympic games to the walking matches of the present day a large part of the argument for pedestrianism seems to have been as a sport for victory or gain. As in the Olympic contests., the runners

Tried to rouse their speed with various arts, And prompt their languid limbs to act their parts;

so in modern contests the main idea has simply been to win, and very questionable methods seem at times to have been adopted to accomplish this end. "Such a spectacle was never before witnessed," begins the account of eighteen competitors set going in Agricultural Hall, London, March 18, 1877, by Sir John D. Astley: They were tall and small, fat and lean,

Apparently honest, but hellishly mean; Black and red heads, with or no hair, Thick and thin legs-mostly bare.

This was the six-day contest when Daniel O'Leary covered \$20% miles inside of 139 hours, and Vaughn, English champion, 500 miles in the same time. A similar spirit dominated the various contests between Weston and O'Leary, begun in Chicago two years previously, when Beatty sang:

> Round the ring those lads did spring, Light-footed as a fairy; One from York, the other from Cork, Weston and O'Leary

But a better spirit has developed in recent years in the minds of and pedestrians who perceive that the important prize results not so much from victory over some other man as over the deterrent forces of nature; that the real laurels to be derived from walking, are health, happiness and long life, as involved in a contest which is open to all.

It may be of some interest to know that one mile has been walked in less than six and one-half minutes, F. P. Murray of New York having accomplished that in 1884; while S. H. Goulding of Canada reduced that record nearly five seconds. But it is of more practical interest to you and me to know that either of us can walk a mile in from ten to fifteen minutes without being cised so as to keep us up to the standard of the human being; whereas if walking is neglected we are likely to retrograde to the tottering gait of our remote cousins, the apes! At the American Institute, New York, January 24, 1881, John Hughes walked 568 mfles in less than 142 hours—slightly over four miles per hour. But it is of more value to us to know that walking four miles per day, barring accidents and indiscretions, is likely to result in a long and healthful life, especially if the exercise is taken before breakfast. That power in the pedestrian is largely the result of habit is shown in the fact that one who is accustomed to walk ten or twenty miles each day is not likely to be any more fatigued by doubling the distance than is one who walks four or five miles per day. In walking, as in other things, we acquire the power to do by doing; while by making no effort we lose what

The endurance of those who have practiced walking systematically is comething marvelous. A man will travel farther for a week or a month than a horse, camel or any other quadruped, a fact known to the American Indian and which enabled him to capture the elk by simply following and wearing him out. That such powers may be retained to an advanced age is illustrated

quently to walk from Thetford to London in one day-eighty-one miles-and return the next day. In July, 1788, John Batty, fifty-five years old, walked 00 miles in fourteen days on the Richmond course. In 1789 Thomas Savager then fifty-five years old, walked 404 miles in five hours less than six days.

A Mr. Macdonald, famous as a pedestrian, died in England in 1791, aged The year before he died, Macdonald made a wager that he could walk ten miles in two and one-half hours, which he won, and which caused his biographer to say: "This foolish display of his powers at that advanced age, as has been seen in some other instances, in all probability cost him his life so true is the saying of Cicero, that "few old people know how to be old." Yet his biographer may have been mistaken. In 1792, when over fifty-seven years old, Foster Powell made a standing

ffer of 100 guineas to walk 500 miles in seven days, which no one dare take. That same year Mr. Eustace, then seventy-seven years old, walked from Liverpool to London, over 200 miles, in four days. Duncan McCullum of the Milton of Buchanan, North Britain, died in 1793

t the age of 104. He was so remarkably active and strong that a few weeks before his death he walked twenty miles in one day without manifesting any extraordinary signs of fatigue or exhaustion. John Alfred Parnell, who died in 1811 at Corfe Castle farmhouse, Dorsethire, aged 104, in his early life was accustomed to go six miles per hour for

wo or three hours together. In his ninety-ninth year he walked seven miles In September, 1815, George Wilson, aged fifty, made an attempt on Blackeath to walk 1,000 miles in twenty days, but was apprehended for profaning the Sabbath, at the end of the fifteenth day, when he had walked 750 miles. In 1891 P. N. Campana, then sixty-three, beat Stevens from Chicago to

Omaha, 500 miles along the N. R. R. tracks, by 197 miles, doing the distance Nor are records of walking ability in the fair sex wanting. I have peronally known an old lady in her ninety-eighth year to walk three or four niles an hour, visiting relatives about the country near her home. In 1783 Mrs. Boston of Temple Basall Almshouse, Warwickshire, then 109, walked we miles to see certain of her grandchildren. This occurred but two months before her death. Mary Lamb and Miss Wordsworth, daughter of the poet, were accustomed to make fifteen-mile trips without any discomfort. No previous performance probably surpasses the feat of Edward Payson Weston during the present year. In his seventy-third year he walked from

ocean to ocean, 3,480 miles, in seventy-six days, or about forty-six and onethird miles per day—a valuable incitive to people of all ages in the present period to make daily use of their lower limbs. Old people can do and are ikely to do much more than they ordinarily think they can, if they realize that hour's walk, not in excess, adds a day, if not many days, to their lives, John Burroughs says that the pedestrian is the only real traveler, and with increase in the number of autos and aerometers it is hopeful to note that interest in pedestrianism is also reviving. To see the world one needs to go slow, and perhaps the best way is to walk, as was illustrated by Bayard Taylor in his "Views Afoot." and Lee Meriwether, in his "Tramp Trip" over Europe on 50 cents a day for expenses. George Gascoyne, who has done the

world on foot, recently made an argument in the National Review in favor of that method, though referring chiefly to foreign lands. Ephraim Pratt, who was born at Sudbury, Mass., in 1687, and died at hutesbury, Mass., in 1803, was one of those who inaugurated tours in the dent of Yak College, who made a special visit to see him in November, 1803, he was then able to walk but onehalf a mile, though the previous year, at the age of 115, "he walked without inconvenience two miles and cut a quanwere said to number over 1,500 persons.

ates and territories during the winter and spring of 1818, and P. Stansbur states, Canada and New England, in 1821. In March last H. N. Higinbotham of Chicago, seventy-two years old, though a wealthy capitalist, walked from that city to Clarksburg. W. Va., some 200 miles, reviving memories of the civil war, for the "pure pleasure of walking"; and from the same city George Kufer and his wife walked into Washington in June last, on a sixteen-thousand-mile trip through the United States

There is no other exercise more natural or more conducive to health in every respect than walking; since all parts of the body are put in motion, the circulation is increased and the mind as well as physical parts enlivened. If one is not in the right mood for walking he is likely to get into it if he walks long enough. It develops spirituality as well as perspiration. One of the advantages which the poor have over the rich is their increased opportunity for walking and likelihood of using it. While envy is a most human feeling for the trudge on foot to experience, he has no justifiable grouch against the cyclist, the rider of steeds, the inmate of the coach or automobile. No foot-traveler needs to envy any one of these, so far as his Grand Lodge of the District of Columbia, physical welfare is concerned. He may with a perfect sense of equality say

in the spirit of Dr. Holmes' "Proud Pedestrian" You may speed in your automobile to your death, And laugh at the woes of the walker; Too late you may find with your expiring breath He's a thinker at least, if not talker,

> For while he is working his tandem on foot, And avoiding the smells from the garage, He is making his way without raising a toot, With the angels of life in his carriage. (Copyright, 1910, by Hyland C. Kirk.)

Science Versus Leprosy.

From the Boston Globe. If, as reported, physicians in Honolulu have succeeded in isolating the germs of eprosy a cure for this dreaded disease

may soon be found. It is possible to trace the course of From Judge. eprosy for centuries, but doubts exist as to how it obtained a foothold in the United States. The annexation of the Hawaiian Islands may be responsible for its appearance here, for the disease has out of the chicken business, he white-been prevalent there for many years. In washed all the hencoops, put windows in 1901 there were 1,027 cases of leprosy in those islands. At least thirty lepers are known to exist in Canadian cities, while the United States marine hospital commission found 900 in this country. Segregation of lepers has always been prac-

several forms. Consumption, once regarded as incurable, now yields to treatment, and leprosy likewise bids fair to soon be classed among curable disorders.

Those Bungalows.

"Smart man, that Zeke Howe."

"How so?" "Hadn't you heard? Since he's gone washed all the hencoops, put windows in 'em, and is renting them out for summer cottages."

When their elders appear on the porch ticed; European countries long ago found- the young folks respectively surrender ed leprosaries for their accommodation. | their chairs; but they hate to give up Like certain other diseases, leprosy has the hammock.-Judge.

The Fiddler to Whose Tune the Whole World Dances—By Nell Brinkley



AMONGTHE FRATERNITIES

MASONIC.

Lodges.

August 22-Dawson, No. 16. F. C. August 23 Federal, No. 1, and Takoma, No. 29, called off. August 24—Harmony, No. 17, 6 p.m. special, F. C.; 7:30 p.m., M. M. August 25-The New Jerusalem, No. 9, M. M.; George C. Whiting, No. 22, and Temple, No. 32, called off. August 26 St. John's, No. 11, M. M. Hope, No. 20, F. C. Not bulletined-Stansbury, No. 24; Armin-ius, No. 25, and Acacla, No. 18.

Royal Arch Chapters. August 23-Mount Horeb, No. 7, R. All the other chapters scheduled for the week have called off. Knights Templar Commanderies. Neither De Molay, No. 4, nor Washing-ton. No. 1, is bulletined for the coming week.

Eastern Star Chapters.

(Calendared, but not bulletined.) August 22-Temple, No. 13. August 23-Electa, No. 2, and Bethle-August 24-Naomi, No. 3, and Brookland, August 26-Takoma, No. 12; Cathedral, No. 14, called off.

The coming week will be one of the Royal Arch Chapters, except Mount Horeb. No. 7, and all of the Scottish Rite bodies. Neither of the Knight Templar ommanderies is bulletined, and Cathedral Chapter, Order of the Eastern Star, has called off. Grand Secretary Johnston is away on his summer vacation, and E. St. Clair Thompson is acting grand sec-

eiled Prophets of the Enchanted Realm, ifth floor of the Masonic Temple finds tself rather unexpectedly without a

"The grotto is hardly ready leave Masonic Temple it is likely we will meet for the present in the large banquet hall. We are looking into conditions readiness for the first fall session of the order.

shipful Masters' Association for 1916 next elected permanent chairman and Mrs. V. tainment, Albert Kahlert, G. W. Sollers, shipful Masters Association to the Estelle Voakley was elected secretary and J. E. McCracken; hall and decoration make no provision for meet-treasurer. It was unanimously decided to tions, M. T. Pimes, J. G. McQueen and

It is understood the new board of mancommittee adjourned subject to the call Rank, Knights of Pythias, held an en-

Grand Lodge, which occurs September 24. gust 22. It is understood that the enter-Supt. Stein, it is rumored, is to retire from office to give his personal at- Brooks. V. G., chairman, will provide Bynum have returned from the conventention to the conduct of the entertainments in the large auditorium, which is Mount Horeb Royal Arch Chapter, No.

brilliant year under High Priest William organize an octet from the members of he Washington Saengerbund who are members of the chapter. The matter is in the hands of David Busch, the chapter's superintendent of entertainment.

Orient Commandery, No. 5, announces the appointment of Joseph A. Davies as adjutant of the commandery, vice Joseph G. Stelle, appointed inspector general of the Grand Commandery.

ODD FELLOWS. LODGES.

Aug. 22—Beacon, No. 15; Excelsior, No. 17; Union, No. 11; Covenant, No. 13, and Langdon, No. 26, regular Aug. 23-Golden Rule, No. 21, and Pho nix, No. 28, degree work. Ami No. 27, and Washington, No. regular business. Aug. 24 Eastern. No. 7, third degree. Friendship, No. 12: Harmony, No. 9, and Federal City, No. 20, Aug. 25 Columbia. No. 10, and Salem, No. 22. regular business. Aug. 26-Central, No. 1, and Metropolis, No. 16, regular business. ENCAMPMENTS. Aug. 23-Fred D. Stuart, No. 7, degree REBEKAH LODGES.

Aug. 22-Esther, No. 5. degree work.

Aug. 26- Dorcas, No. 4, regular business.

PATRIARCHS MILITANT.

Aug. 22, 23 and 26—Canton Washington No. 1, drill.

by the leasing of the auditorium on the by Grand Master D. A. Dugan, the joint I. O. O. F. Hall, 7th street northwest, Willey; S. M. Pearson, secretary, and Monday evening for the purpose of mak- F. Melick, treasurer; marshal for in air, as illustrated by the torpedo boat ing suitable arrangements for a proper parade, Maj. Thomas A. Bynum, major observance of the fifty-ninth anniversary of the First Battalion, 1st Regiment, carefully and will have everything in of the founding of that branch of the

emporary chairman, John I. Brown, past J. M. Ramsey; music, H. T. D. Sinclear, There will be no meeting of the Wor- grand master. Mrs. Mand White was A. W. Leake and B. Tarantino; enterassociation make no provision for meetings in July and August.

The upper auditorium of the Masonic Temple will be occupied for three years, the auditorium from the list of available halfs of Masonic celebrations.

The upper auditorium of the Masonic Temple will be occupied for three years, the auditorium from the list of available hold the source and farmed the proposed of the Sovereign Grand Lodge at Atlanta, Ga., during the week commenciation of the Sovereign Grand Lodge at Atlanta, Ga., during the week commenciant and the list of divorcing couples. After the words with a snapping movement of the words with a snapping movement of the jaw.

The upper auditorium of the Masonic Price years, the list of divorcing couples. After the second musicians and teachers of the jaw.

The Multidat, T. F. Multidate, T

nesday evening. At the meeting Wednes- pany winning first prize in competition, day evening, August 24, the third degree and the captain, Fred M. Pelzman, the

Martha Washington Rebekah Lodge, No. 3, has decided to change its meeting place, but not its meeting night. Commencing Tuesday, September 6, the lodge will hold its sessions in Odd Fellows' Hall, No. 822 20th street north-west, at the usual hour. It is believed by the officers that the change will be beneficial to the lodge in every respect.

The next meeting of Esther Rebekah Lodge will be held Monday evening, Autainment committee, Mrs. Maud Keiser some numbers of more than usual interest after the regular business of the lodge is concluded.

, will exemplify the Royal Arch degree day evening the first degree was conferred on Edgar M. Farr and Francis E. Winters, John W. Hollyday acting as degree director and F. A. Norway as noble Next Tuesday evening the second de-

gree will be conferred on the same candidates, W. H. Smoot acting as degree director. Charles W. Bornmann was received to membership from Newport News Lodge, No. 92, Newport News, Va. Esther Rebekah Lodge "go

time" party, including the noble grand, Charlotte Lyons; Mrs. Myrtle Loebsack, Mrs. Harriet Billings. Mrs. Laura Johnston, Miss Rachel Johnston, Miss Laura Johnston, Mr. George B. Johnston and Mrs. Maude R. White, had a delightful outing at Colonial

fer the initiatory degree next Wednes- and consequently is harder to pull, that her mother-in-law wanted to kill The lodge reports successful results where the weight of the machine is modations, sent her to a neighbor, Mmc. from the excursion, and the rummage being raised the height of the hill, the Rabier, where she told a similar story. sale is expected to be a winner.

KNIGHTS OF PYTHIAS.

its branches, the Uniform Rank and the same; as a matter of fact the pull boeuf. is Tuesday evening, August 30, and the more a great deal of power is required

Knights of Pythias. The subcommittees are as follows: In vitations, Grand Chancellor H. P. Willey The meeting was called to order by the speakers, S. H. Bassett, C. S. Jones and

thusiastic business meeting in the armory | whip you! of the Pythian Temple Wednesday evenwill be announced by the first of September, and that material changes are to be second degree on two candidates Wed-tations were exchanged over the comperfect my mental condition was punk."

company commander prize at the Mil-A council of grand lodge officers was

held at headquarters Monday evening in honor Washington company's crack drill for the dates of the annual installation will begin the series of visitations with Rathbone Superior Lodge, No. 29, Friday evening, September 23.

Past Supreme Chancellor Edward Dunn and Supreme Representative Thomas A. tion of the Supreme Lodge, Knights of Pythias, at Milwaukee. Supreme Representative J. W. Carter is visiting relatives in Chicago.

Franklin Lodge, No. 2, held an interest ing session Thursday evening. Grand Chancellor Willey was among the visitors. Harmony Lodge, No. 21, is preparing for active work and at Thursday's convention outlined plans to increase interest

Rathbone Temple, Pythian Sisters, Frifrom the official report of Supreme Chief

Demands for Mechanical Power.

Some mechanical operations requir a surprisingly large amount of power,

would have to be greatly increased, perhaps doubled, in which case four speed is increased to forty miles or left her children behind. Mme. Pierre

and freighter. History Repeats Itself.

he stared at his battered young hopeful. callings most favorable to divorce. Actors "You've been fighting again, I see." and professional showmen are at the He bit off the words with a snapping head of the list of divorcing couples.

heavier than he is. And you let him seventy-three actors, a most striking in-whin you!" stance of the influence of rural occupa-"Yes, dad. It couldn't be helped. You tion upon the emotions. And clergymen see, dad, that while I was physically are, as they should be, at the very bot-

LEGES ATTEMPTED POISONING

Servants in French Household Corroborate Her Statement-Matter Under Investigation.

into the alleged attempt to poison Mme. Claude Berton, daughter of an American physician, by her mother-in-law, the wife of Pierre Berton, author of "Zaza" and many other successful plays, has revealed little new evidence, but has shown that the local Brittany magistrate who is making the investigation is not displeased at having the conduct of the affair, which interests all Paris. The servants adhere to their statements regarding

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La Touraine. Aug. 25; *La Savoie. Sept. and Sept. 1 *La Lorraine. Sept. 1 *La Lorraine. Sept. 1 *La Lorraine. Sept. 1 *La Touraine. Sept. 1 *La day evening heard interesting news read the white powder which they saw on plates served by the elder Mme. Berton to her daughter-in-law. Mme. Therese Berton, the mother-in-law, maintained that the whole matter arises from the

Servants Tell of White Powder.

large party of the members and their secret is usually found in the speed at Caroline Hamilton Phipps, was endanhorse-power, will serve as an example. refuge with Mme. Huneau at Angers, Federal City Lodge, No. 20, will con- It is heavier than an ordinary carriage taking her son with her, whom she told day evening at the Northeast Temple. even on level ground; on an up-grade, her. Mme. Huneau, not having accom- Atlantic Transport Line difference is much more marked, for no | When her husband arrived at Angers refinement of bearings can reduce the he was unable to induce her to return to pull due to gravity. The vehicle drawn his father's villa. She cabled to her own by a horse seldom exceeds a speed of father, Dr. Phipps, Seattle, Wash., for ten miles per hour; if that speed were money with which to return to America. increased to twenty miles, a moderate Then August 9 a man arrived who, with automobile speed, the power required her husband's connivance, took away her to draw it would be doubled, even son. This broke her down and the next & Pythias in the District of Columbia and though the actual pull remained the day she returned to the villa at Paim-

Gives Surety for Appearance.

Berton has now gone to London for rehearsals of her husband's latest play, "Le Recontre." Her lawyer, Henri Robert, went surety for her appearance when

Professions Favorable to Divorce. What professions should you choose in 27th.

order to be happily married? Not that of actor, for truth compels the statement Bathing, Salling and Creling. Whole hedges of ly demonstrate that the stage is of all

MME. CLAUDE BERTON AL-

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